

DOVER SOLE

This simple and classic French-inspired fish dish is over the moon! Pair it with roast tomatoes or seasonal vegetables and you'll be a rock star home cook.

Prepared in 20 minutes or less.

- ➔ 4 Dover sole fillets
- ➔ 2 Tbs fresh lemon juice
- ➔ 2 Tbs Extra Virgin olive oil
- ➔ 2 Tbs unsalted butter
- ➔ ¼ tsp paprika
- ➔ ½ cup chopped chives, fresh basil leaves or chopped flat-leaf parsley
- ➔ Salt and fresh pepper to taste

Preheat oven to broil.

In a small saucepan, melt butter. Add olive oil, and lemon juice and cook for 5 minutes on low heat. Cover and set aside.

Place the Dover sole fillets on a non-stick baking sheet then brush them with the lemon butter sauce and season with paprika, salt and fresh pepper. Broil the fillets for 4 minutes.

Transfer to a serving platter and garnish with the lemon butter sauce and fresh basil leaves. Serve with roasted tomatoes, zucchini (<https://mealsonheelsbymindy.com/sauteed-zucchini-garden-mint-basil-toasted-pine-nuts/>) or vegetable mashed potatoes (<https://mealsonheelsbymindy.com/vegetable-mashed-potatoes/>) and a chilled glass of crisp sauvignon blanc or fume blanc for a homerun. Serves 4.

